

# LESSON: COMING OUT

This lesson plan and accompanying activity are designed to be taught after showing the jsk stories LGBTQ+ presentation. Feel free to change, adjust, and customize these plans according to your classroom or circumstance. The lesson and activity go well together, but can be split into two days.

## CONCEPT 1 SHOW ACCEPTANCE.

### DISCUSS: WHY IS COMING OUT IMPORTANT TO LGBTQ+ INDIVIDUALS?

> When someone comes out, it means they are sharing their true self with others and beginning a journey to accept and love themselves. We can help our friends on this journey just by accepting them and telling them that we love and care for them.

> We can ask questions for understanding in a respectful manner. However, the most important thing is showing kindness and love.

### DISCUSS: WHY DO YOU THINK COMING OUT COULD BE SCARY FOR SOME LGBTQ+ INDIVIDUALS?

> Sometimes LGBTQ+ individuals feel nervous to share who they are because they are fearful of losing friends and family. Unfortunately, this happens sometimes. We can be different though! By letting our friends know that they can trust us, we are giving them a safe space to express who they are.

> When someone comes out to you, don't divulge that information to anyone unless they give you permission to say something. You never know if your friend or family member wants it to be private for now. Being a trustworthy friend can be one of the best ways to show understanding and respect.

## CONCEPT 2 SHOW TRUST.

### DISCUSS: WHAT CAN I DO TO SHOW THAT I SUPPORT MY LGBTQ+ FRIENDS?

> Supporting our friends in the LGBTQ+ community can be as simple as being a friend, speaking out against unfair treatment, and advocating for equal opportunities. Ask your friends what you can do to be an ally! Not only will they appreciate it, but your actions will be an example to others to be a better support to the LGBTQ+ community.

> Speak out against bullying! It may be something you hear a lot, but speaking out against hurtful behaviors can help make a change. Make sure to report bullying to a trusted adult or teacher.

## CONCEPT 3 SHOW SUPPORT.

# ACTIVITY: THANK YOU NOTES

Hand a sticky note pad out to each student. Also hand out the list of students' names. Make sure each student has something to write with. Tell them to do the following:

Materials needed:

- > Sticky note pads (different colors)
- > Pens
- > List of students' names

Showing that we appreciate one other can help us make new friends and show that we support each other. On each sticky note, write a small thank you to each of your classmates. For example you could say, "Riley, thank you for always including me at recess." or "Shay, thank you for sharing your cookies with me at lunch." No matter what you write, make sure it is positive and uplifting.

After the students are done with their sticky notes, have them stick the notes on the person's desk that it is addressed to. Play peaceful music while the students quietly read their notes. Finally, ask the students how they felt about the activity and how showing appreciation and acceptance creates a happier environment. and uplifting.

